TRUDEAU OFF TO THE WHITE HOUSE

What would you say to Trump? metroNEWS

Temper your expectations metroVIEWS

How Justin and Donald stack up metroNEWS

Toronto metro

Your essential daily news MONDAY, FEBRUARY 13, 2017 High -1°C/Low -4°C Cloudy

BEYONCÉ SLAYS THE GRAMMYS metroLIFE

Women train in T.O. to rebuild their country

SYRIA

Charity brings five students to continue study halted by war

Gilbert Ngabo
Metro | Toronto

They were studying science, business or medicine, but the war forced many young Syrian women and their families into refugee camps, shattering many of their dreams.

Now a Toronto-based charity is trying to keep those dreams alive.

Five female students arrived in Toronto last week after winning full scholarships to continue their education in Canada. They're the first of 15 selected as part of an initiative spearheaded by the Daughters for Life Foundation.

"The goal for this organization is to try to give life from death, to give hope from pain," said founder Izzeldin Abuelaish.

The foundation itself is a product of tragedy. An Israeli tank shelled Abuelaish's home in Gaza and killed three of his daughters and a niece in 2009.

He moved to Toronto and started the foundation in memory of his daughters. His belief is that lasting peace in the Middle East can only be achieved through the education of young women. Since 2010, the foundation has sent nearly 400 female students to post-secondary education around the world.

The five women will study English at the International Language Academy of Canada for a year before heading to universities. They'll be expected to return to Syria and contribute to the country's growth.

"Canada opened its arms for me, and I just hope these young women become successful," said Abuelaish. "They have the potential to make a difference in rebuilding their country."

Izzeldin Abuelaish and the five Syrian women. CONTRIBUTED

NO END IN SIGHT

LYLE STAFFORD/FOR METRO

INSIDE EMERSON

Metro visits the tiny Manitoba town that's conflicted over the tide of refugees pouring in from the U.S. metroNEWS

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metro NEWS

Your essential daily news

Convicted Charleston church shooter Dylann Roof has asked for a new federal trial.

Pierre Elliott Trudeau High School's Student Activities Council is celebrating Love Week. EDUARDO LIMA/METRO

WAGE LOVE!

Kids show hate can't stop hate, but love can

Gilbert Ngabo
Metro | Toronto

Forget about a day of love.

It's going to be Valentine's Week at Pierre Elliott Trudeau High School. And, they're taking the theme well beyond romance — focusing a series of events on the importance of inclusion and respect through love.

From guest speakers addressing bullying to raising a pride flag on campus, the goal of Love Week is to show students they can be agents of change.

"What's so scary is that a lot of people try to fight hate using hate," said Victor Wang, a Grade 10 student and a member of the Student Activities Council that's organizing next week's events. "That's only going to get the fire much bigger. Only love and compassion can beat hatred."

He said students at his school were shaken by the recent terrorist attack at a Quebec mosque, and are concerned about divisive U.S. politics. But last month's women's marches around the world proved inspirational.

"I think that was a moment when unity became stronger than authority," he said.

The students plan to visit elementary schools, encouraging younger students to develop creative ideas and strengthen diversity as they grow older.

"We just want to make sure everyone knows they have an opportunity to make positive change," said Wang.

LESSON IN KINDNESS

The high school council's lessons this week:

- Monday: Love Is Louder (bullying awareness / prevention and self-love)
- Tuesday: Love Is Love (supporting the LGBTQ community)
- Wednesday: Love Is Colourless (promoting racial ad cultural diversity)
- Thursday: Love Is Equality (promoting gender equality and female empowerment)
- Friday: Love Is Capable (supporting disabled persons)

Humans of Toronto by K. Omar

Starting life all over

"On Feb. 2 2016, my life began again. On that day, I moved from the worst country and the worst situation in the world to my future, here. Before, when I woke up in the morning, I thought about what I was going to do that day to get money to buy some food. There was no hope, there was no plan, there was no future.

When I arrived to Canada, I started planning for the next five years, 10 years, 20 years. I had not had that feeling before coming here — thinking about your future and what I would do in the future. Knowing that I will be better and that I'll be good is different.

After Syria, it's really different to think that I might be alive in five years — or 10.

Some lawyers that go through legitimate groups still exploit the Syrian people. You can apply to come to Canada, and they take $1,000, $3,000 or even $5,000, but there's just one organization that is the official channel.

I came through it, and it's International Organization for Migration.

The best thing that a lawyer could do for someone is to register their name with the IOM, but that is not what they promise. They promise to bring their papers to immigration in Canada or to find them sponsors or other things that they can't really do. The Turkish government knows this practice happens, but they allow the lawyers to keep these offices open. For me, there was no lawyer because I knew they were liars. But because the Syrians in Turkey don't have any chance, sometimes they take the promises.

"It's really different to think that I might be alive in five years — or 10."

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

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Not buying Shopify claims

ACTIVISM

Toronto tech developer ditches panel due to Breitbart

Dylan C. Robertson
For Metro | Ottawa

Ottawa tech giant Shopify continues to face pressure to cease business with Breitbart, a website associated with the American white-nationalist movement.

This weekend, a renowned developer pulled out of a panel because it was hosted by Shopify's Toronto office.

"Shopify is on the wrong side of history," said Ashley Jane Lewis, a 27-year-old Toronto developer who has spent years teaching tech skills to women and minorities.

"I regret all my encounters with them," said Lewis. "I didn't know this was at the core of who they were."

Earlier this month, the Women in Leadership Foundation approached Lewis to be part of its women-in-technology week.

Toronto-based tech developer **Ashley Jane Lewis** declined to appear at a discussion after learning it was being hosted by Shopify's Toronto office. EDUARDO LIMA/METRO

Days prior, Shopify employees told reporters they'd signed petitions to have the company cut ties with Breitbart. Lewis wanted to see how Shopify would respond. Breitbart uses Shopify to sell merchandise, such as T-shirts praising a Mexican border wall.

> **Shopify is on the wrong side of history. I regret all my encounters with them.**
> Ashley Jane Lewis

Last Wednesday, Shopify CEO Tobi Lütke published an online essay titled "In Support of Free Speech," writing that "to kick off a merchant is to censor ideas."

Lewis found that ridiculous.

"I was really disappointed and quite mad," she said, alarmed that people believe not engaging with controversies relieves them of moral responsibility.

On Saturday, Ottawa restaurant Union Local 613 wrote on Facebook that "we have decided to suspend our relationship" with Shopify, which it used to help plan events.

DEVELOPMENT

Condos booming downtown

The party is set to carry on in Toronto's entertainment district. That neighbourhood will dominate the downtown condo market again this year with 24 projects in development near King St. West between Spadina Ave. and Simcoe St.

There are 4,431 condos for sale there at an average price of $919 per sq. ft., according to a survey of Toronto by online development hub BuzzBuzzHome.

But cost-conscious buyers will pay less — an average of $650 per sq. ft. — by venturing a little farther east to Moss Park, which is being rebranded as Toronto's "Garden District" known as the fashion district. There are 17 developments in the Church-Wellesley area where the average per sq. ft. price is $871. St. Lawrence Market condos average $730 per sq. ft.

With 901 developments on the market in the last quarter of 2016, Toronto has more projects than Edmonton and Vancouver combined (816 between the two cities), says a report called, Toronto New Home Market Outlook.

TORSTAR NEWS SERVICE

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METRO ASKS

What would you tell Trump?

Justin Trudeau is headed to Washington D.C. for a one-on-one meeting with President Donald Trump on Monday, the first encounter between the leaders. With all that's at stake between the two countries, Metro hit the streets to ask Torontonians what they want Trudeau to say.

WORDS: GILBERT NGABO METRO; **PHOTOS: EDUARDO LIMA** METRO

Dapo Omiyale

I would tell him that running a country is much more than running a business.

Canada and the U.S. should try to be on the same page, and it's important that the leaders embody whatever our values are as a society.

Hopefully our relationship is good as neighbours.

Sandy Gaidola

I would ask him about our country's relationship and how it affects our economy.

I'm worried about what he might do about the free-trade agreement, and his position could affect us in negative ways. For me the economic relationship is huge between our countries.

Kevin September

I would ask him, 'What's so funny about peace, love and understanding?' The most negative things about this guy and his views and his politics, everything has become a meme or a joke. I think we've lost the plot. We've lost the message. Let's get back to the root of it, get back to what's important.

Francis Landy

For one thing, please stand up for climate and protection of our environment. Also, stand up for immigration. Just go ahead and cancel the Safe Third Country Agreement, because the U.S. is not safe for refugees right now. I have great faith in Justin Trudeau, so maybe something good will happen.

Samantha Cutrara

If I was Trudeau I would tell Trump that inclusion has more strength than divisive politics.

Canada has worked hard to build the country and how diverse it is, not just for race but also gender, sexuality and opinion.

We can't let divisive politics destroy our communities.

BUDGET

Official stands by pool cut

The City of Toronto's budget chief says he stands by the decision to cut funding to an east-end school swimming pool but expects a motion to reinstate the money on Wednesday, following backlash from local parents — and Olympic hero Penny Oleksiak.

The city's executive committee has already approved the relocation of city programming from three Toronto District School Board swimming pools in East York and North York to other city facilities. The budget will be debated before city council this week.

The relocation decision prompted Oleksiak to tweet her support for local pools. Mayor John Tory responded with an open letter promising her that "children would still be able to learn to swim and parents will not have to go far to use the facilities."

But Leslieville parents using the S.H. Armstrong pool — whose municipal swimming programs are on the chopping block — say they don't buy the mayor's line.

TORSTAR NEWS SERVICE

INSIDE EMERSON

‘I don’t anticipate this is going to stop anytime soon’

Residents in Emerson, Man., a hotspot for refugees hopping the U.S.-Canada border, are conflicted about opening doors to those seeking asylum

Jeff French, the volunteer fire chief in Emerson, Man. LYLE STAFFORD/FOR METRO

Jessica Botelho-Urbanski
For Metro | Winnipeg

As the sun went down Saturday, Canadian Border Services agents were still screening the more than a dozen asylum seekers who arrived the night before.

Sixteen men, women and children from Djibouti and five men from Somalia safely made the trek to Canada Friday evening. By Sunday morning, the rumour around town was another 23 refugees claimants came in overnight.

It was “fake news,” a diner at the local Vietnamese restaurant joked, pointing to a visiting CNN crew parked outside. There were no illegal crossings reported at the border Sunday, RCMP said.

In this quiet community of about 700 not accustomed to the onslaught of media attention, rumours can run rampant.

The reeve of Emerson-Franklin, Greg Janzen, caught flack online for his comments in interviews warning residents to be careful of “illegals” and “criminals” crossing the border. He said there have been no dangerous encounters with asylum seekers yet, but “the more numbers you get, the law of averages is there is going to be a bad person in the mix.”

Border jumpers aren’t new to this border town, but the increasing number of them is. The Manitoba RCMP intercepted 249 people in 2015 and 444 in 2016. If no one new arrives by Sunday night, there will have been 62 people intercepted in Manitoba since Jan. 1.

The question of whether or not residents should open their doors to those seeking refuge weighs on Gayle Knoutt, who’s lived in Emerson for 20 years.

“It’s a conflicted feeling,”she said while waiting for Sunday service to start at Emmanuel Lutheran Church. “I mean, we’re Christian people in this community. We don’t want to be turning people away that need help,”

Knoutt said she keeps her doors locked at night for safety’s sake.

Twenty-one volunteer firefighters and 12 emergency service providers are based in town.

Emerson’s population is largely elderly, with some long-haul truckers buying houses in town for sporadic stays, said Jeff French, volunteer fire chief.

There’s a smattering of families and about 65 kids who go to Emerson School, including French’s two daughters, ages five and seven.

“I don’t anticipate this is going to stop anytime soon,” said French.“We’re able to handle (the influx of refugees), but it is obviously a volunteer fire service, so everyone else has jobs, too.”

It’s usually weekend nights when the crews get called on to help locate asylum seekers stranded in farmers’ fields in the wee hours of the mornings. Many make it about one-and-a-half kilometres past the border before being located and picked up along a highway.

The refugees — mainly from Somalia, Ghana and Djibouti — often bring cellphones and call 911 once they think they’ve arrived in Canada. Some know to follow the glow of the red lights shining from neighbouring windmills in Letellier, Man., said Janzen.

Shower them with love this Valentine’s Day

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Commanders compared

Donald Trump and Justin Trudeau are meeting Monday. Here are some points on which they differ. TORSTAR NEWS SERVICE

U.S. PRESIDENT DONALD TRUMP

Prominent father: Apartment developer Fred Trump
Age at swearing-in: 70, oldest in American history
How opponents once mocked his hair: "Decomposing pumpkin pie inhabited by vicious albino squirrels."
Favourite display of physical fitness: Prolonged handshakes
Tweet last week that included an exclamation mark: "My daughter Ivanka has been treated so unfairly by @Nordstrom. She is a great person — always pushing me to do the right thing! Terrible!"
Philosophy of international relations: "America first. Americanism, not globalism, will be our credo."
Sign he may be too close to billionaires: Appointed three billionaires to cabinet
Declaration about climate change: "The concept of global warming was created by and for the Chinese in order to make U.S. manufacturing non-competitive."
Stance on Syrian refugees: Banned them
Expression of respect for women: "First of all, nobody respects women more than Donald Trump, I'll tell you. Nobody respects women more. My daughter Ivanka always says, 'Daddy, nobody respects women more than you.'"
Reaction to death of Fidel Castro: "Fidel Castro is dead!"
Disappointed supporters by: Breaking promise to repeal protections for undocumented "DREAMers" on first day in office
Evidence of acting chops: Made cameo in Home Alone 2: Lost In New York
Opinion of Meryl Streep: Called her "one of the most over-rated actresses in Hollywood."
Thoughts on the media: "These people are the lowest form of life, I'm telling you. They are the lowest form of humanity."

CANADIAN PM JUSTIN TRUDEAU

Prominent father: Prime Minister Pierre Trudeau
Age at swearing-in: 43, second-youngest in Canadian history
How opponents once mocked his hair: "Nice hair."
Favourite display of physical fitness: Boxing
Tweet last week that included an exclamation mark: "Story time at the N'dilo Aboriginal Head Start program – thanks for having me!"
Philosophy of international relations: "We're Canadian. And we're here to help."
Sign he may be too close to billionaires: Attended mansion fundraiser attended by Chinese billionaires
Declaration about climate change: "We will not leave our grandkids with the burden of climate change. We must act now."
Stance on Syrian refugees: Hugged them
Expression of respect for women: "I am a feminist."
Reaction to death of Fidel Castro: "It is with deep sorrow that I learned today of the death of Cuba's longest serving President."
Disappointed supporters by: Breaking promise to reform the electoral system in first term
Evidence of acting chops: Taught high school drama
Opinion of Meryl Streep: Said he wants her to play him in a movie: "She's THAT good."
Thoughts on the media: "I think it's important to underline the important role that the media fills in public discourse and public life."

On the agenda: women at work

President Donald Trump and Canadian Prime Minister Justin Trudeau will participate in a round table discussion about women in the workforce on Monday.

The event shows the rising policy influence of first daughter Ivanka Trump, who has stressed her commitment to issues like child care.

A White House official says the two countries will launch a task force called the United States Canada Council for the Advancement of Women Business Leaders-Female Entrepreneurs.

The official says Trudeau's office reached out to discuss working on a joint effort, noting that this was seen as an area of shared interest between both leaders.

Ivanka Trump has been a vocal advocate for policies benefiting working women. The White House official says Ivanka Trump was involved in recruiting participants and setting the agenda for the meeting and will attend.

The White House official requested anonymity to provide details in advance of the meeting.

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HOW DO WE ACTIVATE BROWN FAT?

Freezing your body is one way (cold showers, exposure to ice etc.), but luckily, this is not the only way. BAT is also activated by a natural ingredient called capsaicin – the chili compound that makes hot peppers hot. Add chili to a meal and you increase fat burning up to 150%.*

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The problem though, is that for best results, you need to add chili to most meals.* Since this is not practical, New Nordic has designed a tablet called Chili Burn™, containing the ideal amounts of chili pepper for fat burning. But to increase the power of the tablet, we added green tea and chromium, which have long been used and proven to promote slimming, especially around the belly.* Take one tablet with your morning and mid day meal, and you are on your way to a leaner you.

DID YOU KNOW?

Chili has been blamed for hurting the stomach lining and creating a burning sensation, but research shows the opposite. Hot chili peppers actually protect the stomach lining and may prevent gastric upsets.*

TEST YOURSELF

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- ○ I don't eat many spices
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- ○ I don't exercise twice a week

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Atlantic provinces bracing for storm

WEATHER

Blizzard conditions forecast for some areas

Weather warnings are out for the Atlantic provinces as a major snowstorm is forecast to hit the region.

Environment Canada says a low-pressure system from south of Cape Cod is expected to rapidly intensify Monday morning, bringing blizzard conditions and winds up to 110 km/h to Nova Scotia.

Forecasters say total snowfall amounts by Monday evening will range from 30 to 60 centimetres for the western portions of Nova Scotia, 20 to 30 centimetres for northern and eastern regions and 30 to 40 centimetres in Cape Breton.

Environment Canada meteorologist Jason Sheppard at the Atlantic Storm Prediction Centre in Halifax said some areas could even see as much as 75 centimetres.

"Those winds, combined with the snow, will give us blizzard conditions for most of Monday and possibly parts of Tuesday morning," Sheppard said.

Snowfall amounts between 25 and 40 centimetres are expected in much of New Brunswick, with winds gusting up to 90 km/h, while 30 centimetres of snow, driven by winds gusting up to 100 km/h are expected in P.E.I.

SLOW START

Environment Canada meteorologist Jason Sheppard says the region got off to a slow start this winter as far as extreme weather is concerned, but a recent shift in the jet stream has put Atlantic Canada right in the path of brewing storms from the U.S. eastern seaboard.

Nova Scotia's Emergency Management Office, meanwhile, is warning that the storm combined with high tide on Monday could produce localized flooding along parts of the Atlantic Coast. THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 13

QUEENSDALE AND SIXTH, OTTAWA

THIS PICTURE WAS TAKEN IN OTTAWA AT QUEENSDALE AVE. AND SIXTH. IT'S SPECIAL TO ME BECAUSE IT'S THE VIEW I GET EVERY DAY WHILE I WAIT FOR THE BUS TO GO TO WORK. IT'S ALSO NO BETTER REMINDER THAT IT IS WORTH ENJOYING WINTER TIME IN CANADA. **GUSTAVO CASTELLANOS**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

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metro VIEWS
Your essential daily news
Monday, February 13, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
How do you tell people it's not OK to be late?

Dear Ellen,

What is the best way to respond to someone apologizing for being late? I've had several appointments lately where I've been kept waiting by professionals who enter the room and start with an apology. My instinct is to say "Oh, it's OK." But I feel it's not OK, especially in circumstances where I'm paying for the appointment. So I end up saying nothing, which just makes the situation awkward.

Kendra

IN MY MIND:
HOW DARE YOU TREAT ME THIS WAY??!! YOUR LACK OF RESPECT HURTS MY FEELINGS
IN REAL LIFE:
It's OK. I can take it...
I'll just be terribly passive-aggressive.
©Ani Castillo

Dear Kendra,

I have interviewed a lot of people over the years and very early on I noticed a small, but significant, difference between Bigshots of Quality and Bigshots Who Are Insecure Pikers at Heart.

The Pikers liked to keep people waiting.

Director James Cameron surprised me by falling into the former group. Instead of the abrasive egomaniac I'd been warned about, he was engaging, polite, and prompt. I could credit his PR person for the punctuality, but the fact is, celebrity pikers often ignore their own peeps in order to feel important by keeping other people waiting.

Barbara Amiel also surprised me once, by keeping me waiting nearly two hours outside her office at the Toronto Sun. She never did appear, even though she's the one who invited me in (to discuss a small freelance job). If she'd been in the midst of an emergency, her assistant could have sent me on my way. Instead, the embarrassed assistant kept going into her boss's office, then asking me to wait a little longer. I finally left, and 25 years later am still waiting for the courtesy of an apology.

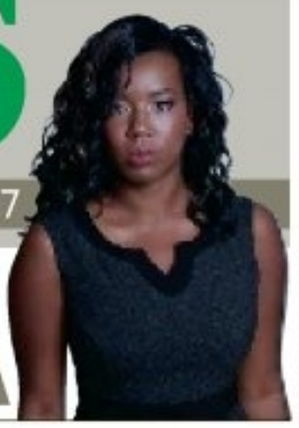
Don't worry. With practice, you'll learn to embrace the awkwardness — for them.

Everybody's late sometimes (as my Metro editor knows; hi, Matt!), and apologies are always in order. But apologies from people who are chronically late tend to ring false after a while. My own solutions include: A. Cutting off people who aren't worth waiting for; B. Accepting the lateness as the price of friendship/business with people who are worth waiting for; C. Waiting a quarter-century till I get a newspaper column in Metro, which has one of the largest daily circulation rates in Canada, and then calling out someone who once kept me waiting.

Your situation calls for Option B. If you want to do business with tardy professionals, you're going to have to suck it up — but that doesn't mean you have to let them off the hook. Do not say "Oh that's OK" when they arrive. Simply accept the apology, and if you feel up to it add: "Do you have my number? It'd be great if you could text next time you're held up."

Don't worry. With practice, you'll learn to embrace the awkwardness — for them.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Don't get your hopes up about Trudeau's meeting with Trump

On Monday, the prime minister visits the president.

With his socially progressive views and promotion of Canada as a liberal haven, Justin Trudeau is being set up as the foil to Donald Trump's pessimistic vision of "American carnage."

While it's tempting to expect Trudeau to stand up to Trump, set your bar lower.

The Washington Post already learned this lesson. The paper characterized Trudeau as "emerging as a leader of the liberal global resistance" in an early report on the meeting. An updated version of the story removed the line.

What can be expected: Trudeau will seek to protect, or really, diminish harm to, Canadian interests in the face of a chaotic administration with whom we share a massive border and our most important trade relationship.

Ahead of Monday's meeting, Trudeau's ministers for foreign affairs, finance and defence already visited D.C. to suss out expectations.

According to The Guardian, Trudeau, a former teacher, has called in international reinforcements to prepare a lesson plan for Trump, speaking to the U.K's Theresa May and French President Francois Hollande. And when it comes to dealing with the Donald, Trudeau's experience with distracting children may yet come in handy.

This first meeting won't have the fan fiction quality of the Obama-Trudeau relationship. For those who ship Trubama, there will be no Trudump.

Being on opposing ends of the political spectrum, both men may prefer to focus on things they have in common. They are both scions of privileged families who ended up leading their countries despite lacking the resumé.

They also both deviate from conventional handshake techniques. Trump's is often followed by a jarring pull of his co-shaker's arm. Trudeau famously engineered a bizarre three-way handshake between himself, Obama and Mexican President Enrique Nieto.

To avoid another highly GIFable moment, diplomats ought to have spent the weekend negotiating for a high-five or for both men to dab simultaneously. While there's that to look forward to, the moment so many are waiting for will be handled with kid gloves.

Many hope Trudeau will stand up for Muslims, perhaps with a speech akin to Hugh Grant's turn as U.K. prime minister in Love Actually: "I fear that this has become a bad relationship. A relationship based on the president taking exactly what he wants and not knowing anything about constitutional or international law." It won't happen.

What we will hear: "middle class," "shared values" and "diversity is our strength." (Trudeau is a master of asking about the local sports team.)

If there are bold statements and decisive actions to come, it will be on Trudeau's Europe trip. After all, he can't hold back the damage Trump promises to unleash on his own.

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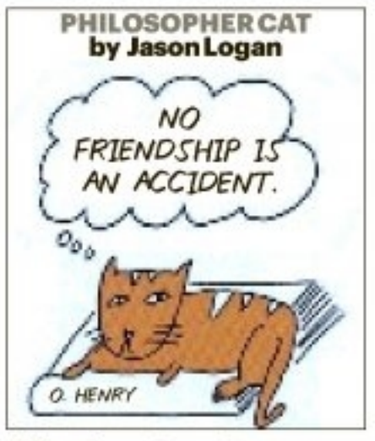

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Monday, February 13, 2017

1 **Reigning Queen Bey** — In her first live outing since announcing her pregnancy, **Beyonce** performed an elaborate ode to motherhood.

2 **Orange crush** — Rihanna, among the night's most-nominated women, was up for eight awards, and wowed crowds with a striking orange bralette.

3 **Not again!** — **Adele** was deflated when her George Michael tribute stalled.

Bey slays, Adele falters again

THE GRAMMY AWARDS

A Tribe Called Quest take aim at Trump during hectic Grammys

Adele, who had trouble with her live performance at last year's Grammys, restarted her tribute to George Michael Sunday at this year's Awards, telling the audience: "I (expletive) up. I can't mess this up for him."

Adele had sang some of a new arrangement of Michael's Fastlove, as videos and photos of Michael played in the background. She re-sang the song and earned applause from the crowd at the Staples Center in Los Angeles, though was teary-eyed after. She was still one of the big winners of the night, as she took awards for song of the year, best pop vocal album and pop solo performance.

Until Adele's restart, Beyonce was the talk of the show. In glittery gown, gilded crown and gold choker, the pregnant singer took the Grammy stage in a lengthy performance of two songs from her acclaimed album Lemonade.

She was introduced by her mother and former stylist Tina Knowles: "Ladies and gentlemen, with my mother's pride, my daughter, Beyonce."

Beyonce sang on top of a long table, even leaning back on a chair while singing Love Drought. She later sang Sandcastles while sitting down, hitting high notes.

After capturing the Grammy for best urban contemporary album for Lemonade, Beyonce used her brief remarks to outline a vision for the world that she said she wants all children to grow up in. That's a world in which all "can be allowed to be beautiful, intelligent and capable" and to see those qualities reflected in institutions ranging from the NFL to the White House, she said.

Hip hop giants A Tribe Called Quest later took more direct aim at new U.S. President Donald Trump with a searing performance alongside Busta Rhymes. The rapper called Trump "President Agent Orange" and accused him of "perpetuating evil."

He also took aim at Trump's Muslim ban before the performance finished with the artists chanting "resist." METRO/AP

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For Metro Canada

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I have a line on my budget for 'pleasures.' It's where I put the money I spend getting a massage, buying my favourite ginger-peach candles or springing for tulips when it's still too cold to be in the garden.

People are always asking me what I spend money on, perhaps because they hear me constantly singing the "don't spend money you don't have" song. But there are things I love to do, so I set some money aside each month for things I feel like splurging on.

As long as you're not going into debt and you've got all your bases covered — including long-term savings, your emergency fund, your insurance needs — you can spend your money on anything you want. Want to travel? Go. Want to drink expensive coffee? Do it. Want to buy a new sumthin'or'nother? G'head.

You work hard for your money and you should enjoy the pleasures it can bring you.

The only time spending becomes a problem is when you do it unconsciously and it interferes with your financial/life goals.

You can't eat out four nights a week if you want to build up a down payment for a home. You can't buy everything your heart desires if you have no emergency fund. And you can't smoke, drink or get stoned on the regular and then claim you have no money to save. Take care of the details and then you can go shopping guilt-free.

Keep in mind that for your pleasures to feel like pleasures, you can't do them all the time. If you love picking up a magazine at the checkout to enjoy with your Saturday morning tea, grab the mag. But if you aren't reading those magazines, or just flipping through them quickly because you bought them — so there's no real pleasure — stop buying.

You need to go without for a while so you can appreciate what you have.

Being able to take pleasure from the things money can buy is part of having a balanced financial life.

$ WHEN TO SPLURGE

What if you're still experiencing pangs when you buy yourself the extras? It could be a couple of things:

- Maybe you've been in austerity mode for so long you need to re-adjust to the idea that you can afford to splurge a little. Focus on the pleasure you derive from whatever you're buying and kick the guilt to the curb.
- Maybe you shouldn't be buying what you're buying because there are other, more important things that should come first. Sure, you're saving and have an emergency fund, but have you got enough of the right kind of insurance? Do you have a will? Are there things you know you should be taking care of?

Don't take the desire to enjoy too far and you can keep enjoying for a long time. And if you have to forgo a treat for a couple of weeks because things are a little tight, your pleasure will be all the sweeter the next time you indulge.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

Warriors forward Kevin Durant dropped 34 points and was thoroughly booed in a 130-114 win in his return to Oklahoma City on Saturday

Team-first players key to UConn's success: Coach

NCAA BASKETBALL

Huskies on cusp of winning unprecedented 100th straight

Kia Nurse, right, of Hamilton, says that the Huskies push each other to give it all they've got whenever they're on the court. JESSICA HILL/THE ASSOCIATED PRESS

UConn guard Kia Nurse sees a lot of herself when she watches her teammates play and she knows that's not an accident.

The Huskies have a chance to win an unprecedented 100th consecutive game on Monday against No. 6 South Carolina. Nurse and her teammates say that consistency comes not just in the way the team plays, but in the type of player Geno Auriemma and his staff bring into the program.

"You know that every time you go out on the floor as a Connecticut player you have to sprint the floor," said Nurse who is from Hamilton. "You have to run hard. You have to dive on loose balls, because that's what everyone else does. That's what they did to build this place."

Auriemma says he's found there is a very specific type of player that can thrive in his program, which has won 11 NCAA titles, including the last four.

He and his staff obviously recruit talented players. But beyond that, he wants someone who is supremely confident in her own ability and someone who impacts whatever team she's on in multiple ways, making those around her better on and off the court. He also wants someone whose top priority is the team and winning.

He said he can tell if a recruit will be a good fit by the way she answers his questions and by what type of questions she asks him.

"The majority of the kids we get, they talk about winning championships," he said. "Whenever a kid says to me, 'What position am I going to play?' or, 'What's my role going to be on the team?' I go, 'Well, you're probably not going to have one, because you're probably not coming to Connecticut.'"

Auriemma said players such as Nurse, Katie Lou Samuelson, Napheesa Collier and Gabby Williams all came in with the same attitude.

They all were thinking "Of course I'm going to play," he said. "I'll decide what my role is. I'll show coach Auriemma I can do this, this, this and this and of course I'm going to play."

Auriemma acknowledges that not all players handle the pressure of playing for a powerhouse well. Some don't thrive at UConn and will move on.

But those who stay, describe the UConn culture as a big family. Senior centre Natalie Butler transferred into it from Georgetown, where she was the freshman of the year in the Big East.

At UConn, she comes off the bench. She doesn't play a lot of minutes and she's not the star of the team. But she said she's happy, because she's found a group of like-minded players and she fits in.

"Having a team where everyone wants to get at the same place and everyone has this intensity and is 100 per cent about basketball all the time, it's great," she said. "It makes a huge difference and the chemistry is incredible. I don't know how many other teams are this close all the time."

THE ASSOCIATED PRESS

> **"I don't know how many other teams are this close all the time.**
> UConn centre Natalie Butler

NBA

Raptors cough up late lead in loss

Kentavious Caldwell-Pope scored 21 points, including a game-winning three-pointer with 13.2 seconds left to lift the Detroit Pistons over the Toronto Raptors 102-101 on Sunday.

DeMar DeRozan scored 26 points for the Raptors (32-23), who coughed up a double-digit lead in the game's final minutes.

Jonas Valanciunas added 17 points and nine rebounds as the Raptors lost for the 10th time in their last 14 games. DeMarre Carroll and Kyle Lowry added 15 points apiece.

SUNDAY At ACC

PISTONS	RAPTORS
102	101

Tobias Harris topped Detroit (26-29) with 24 points.

In the first meeting between the two teams since opening night, and Toronto's first game in four days, the Raptors raced out to the early lead and were up by as many as 16 points in the third quarter.

The Raptors took an 82-66 advantage into the fourth quarter and were up by five points with 1:23 to play, but Caldwell-Pope scored back-to-back baskets, the second of which was the go-ahead three-pointer taken right in front of the Raptors' bench.

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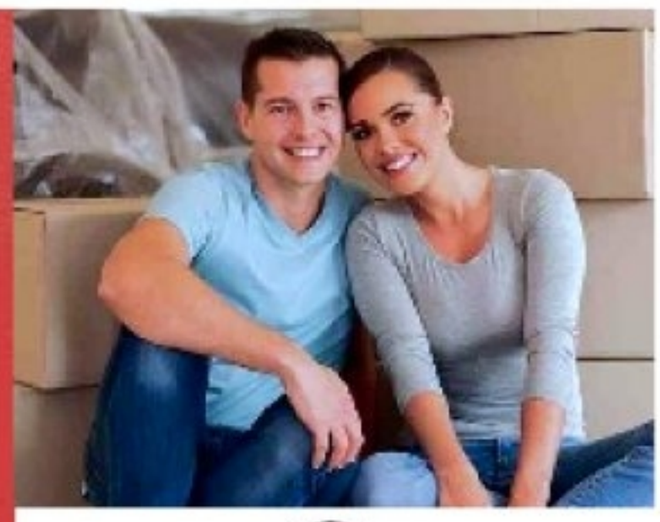

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IN BRIEF

Guay earns downhill silver
Canada's Erik Guay took world championship silver in the downhill skiing event on Sunday, 0.12 seconds behind world champion Beat Feuz of Switzerland. Guay, from of Mont Tremblant, Que., also won the super-G last Wednesday in St. Moritz, Switzerland.
THE ASSOCIATED PRESS

Beaulieu-Marchand podiums in his hometown
Canada's Alex Beaulieu-Marchand won bronze in men's slopestyle skiing at a World Cup event in Quebec City on Sunday. Switzerland's Andri Ragettli took gold and Britain's James Woods won silver.
THE CANADIAN PRESS

Hamelin wins his first short-track medal of season
Francois Hamelin, from Sainte-Julie, Que., won bronze in the men's 500 metres on Sunday at the final World Cup stage of the short-track speed-skating season. Hamelin finished behind Kazakhs Denis Nikisha and Abzal Azhgaliyev, in the 500-metre final in Minsk, Belarus. THE CANADIAN PRESS

Mass-start bronze for Jean
Olivier Jean from Lachenale, Que., earned a bronze medal in the men's mass start on Sunday, the last day of the world single distance speed-skating championships. Jean finished behind Joey Mantia of the U.S. and France's Alexis Contin in Pyeongchang, South Korea.
THE CANADIAN PRESS

Double gold in Sweden

SKICROSS

Canadians Thompson, Leman win at World Cup

Marielle Thompson of Whistler, B.C., and Calgary's Brady Leman each won gold at a ski-cross World Cup event on Sunday in Idre Fjall, Sweden.

Thompson led the final all the way down, even though the heat was stacked with each skier having at least one World Cup podium this season.

Sweden's Sandra Naeslund was second and Switzerland's Fanny Smith took bronze.

Brittany Phelan of Sainte-Agathe-des-Monts, Que., was eighth and India Sherret of Cranbrook, B.C., was 19th.

Marielle Thompson TT NEWS AGENCY

In the men's competition, Leman pulled out of the gate and took the lead in the first turn. He wouldn't relinquish it again, earning his first win since 2012.

Dave Duncan of London, Ont., was seventh, Toronto's Kevin Drury placed ninth, Ian Deans of Kelowna, B.C., finished 13th and Ned Ireland of Lake Country, B.C., was 16th.

Montreal's Chris Del Bosco was 26th, Zach Belczyk of Banff, Alta., finished 28th and Trent McCarthy of Spruce Grove, Alta., was 36th.
THE CANADIAN PRESS

Brady Leman of Canada, left, wins the men's World Cup skicross final ahead of France's Arnaud Bovolenta on Sunday in Idre Fjall, Sweden. CHRISTINE OLSSON /TT NEWS AGENCY

IN BRIEF

Leicester stumbles to its fifth straight loss
Soccer's greatest fairy tale is proving to have the gloomiest of sequels.

Leicester, the club which enchanted the sporting world by winning the Premier League as a 5,000-1 outsider last season, plunged closer to the relegation zone in its woeful title defence after losing 2-0 at Swansea on Sunday.

It was a fifth straight league defeat for the stuttering champions.
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Spieth tops at Pebble Beach
Jordan Spieth kept it simple Sunday and won the AT&T Pebble Beach Pro-Am for the ninth PGA Tour title of his young career with a 2-under 70 for a four-shot win over Kelly Kraft.
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5	6	2	4	8	7	3	1	9
9	7	1	2	5	3	8	4	6
6	1	4	8	3	9	2	7	5
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MAKE IT TONIGHT

Fragrant Faux Pho

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Warm up with a bowl of bright flavour in this quick and easy Vietnamese noodle soup.

Ready in 30 minutes
Serves 4

Ingredients
- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce
- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Directions

1. In a large pot, warm up vegetable oil and sauté garlic and ginger until translucent and fragrant. Add stock, coconut milk and water and bring to a simmer. Add chicken and cook for 20 minutes.

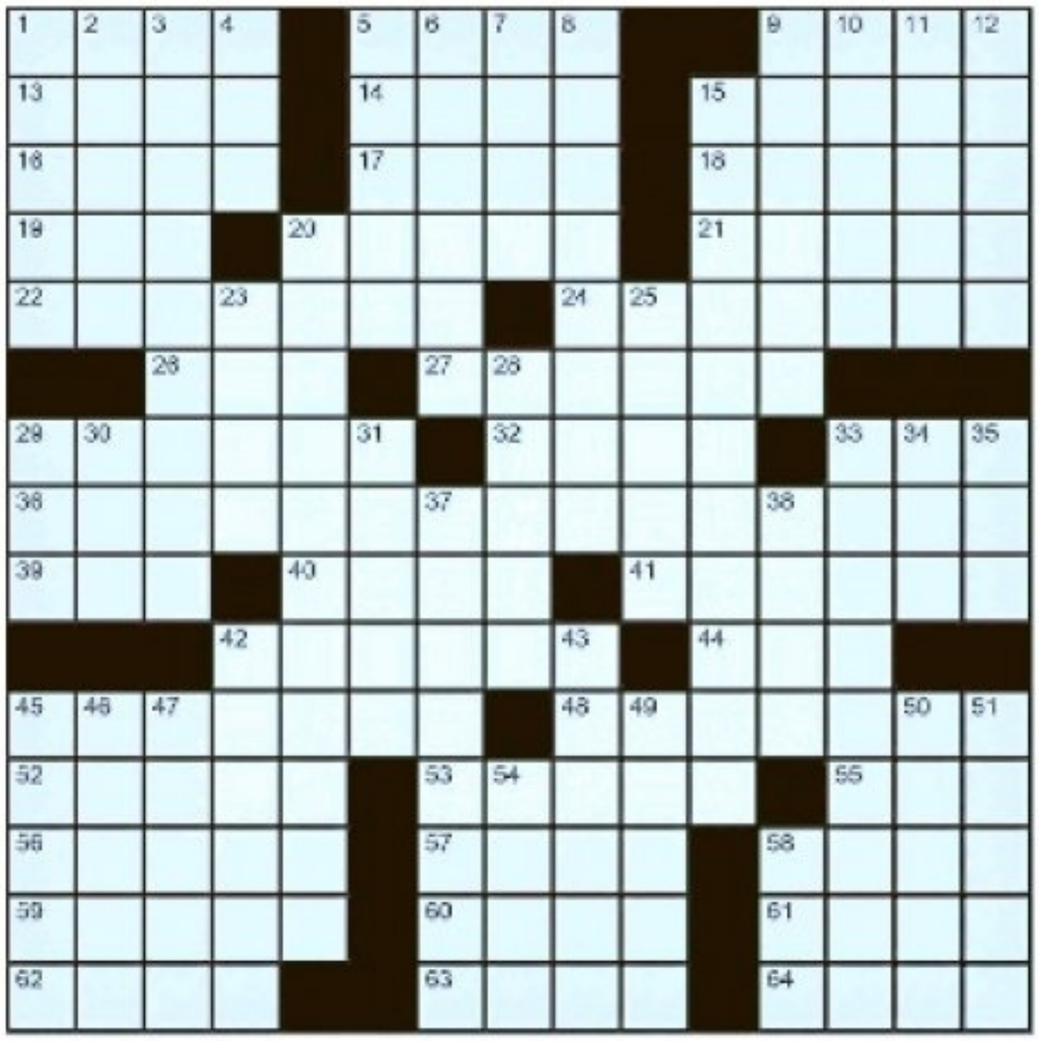
2. While that's happening, soak noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.

3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Brent Spiner's 'Star Trek: TNG' character
5. Unchanged: 2 wds.
9. Gentlewoman
13. It means 'the same' in Latin
14. Skype for Business' former name
15. Wife of #53-Across
16. Ethereal
17. Emerald _ (Ireland)
18. Capital of Ethiopia, _ Ababa
19. Neither here _ there
20. Chief Teutonic god
21. Holds on property
22. Inane
24. On the loose: 2 wds.
26. Bon _ (High society)
27. Ms. Ross of "Happy Days"
29. Teem/overflow
32. Annoy
33. US broadcasting regulator
36. Montreal Canadien known as 'Boom Boom': 2 wds.
39. "Pick a card, _ card..."
40. Vegas light
41. Musical, Miss _
42. Fiona, in 'Shrek' movies
44. "Rain _" (1988)
45. Military greetings
48. Inutile
52. Commonplace
53. _ the Horrible
55. The Guess _
56. Space shadow
57. Iridescent gem
58. Groom-to-be's party
59. Montreal _ (Where the Canadiens once played)
60. Mr. Griffin
61. "King _" (2005)
62. Ms. Drescher
63. Greek war goddess
64. Pac-Man's blue ghost

DOWN
1. Roman mythology huntress
2. "Farewell!"
3. Yukon, for one
4. Ms. Poehler
5. In the Skin of _ _ (Novel by Canadian author Michael Ondaatje)
6. Method
7. "Drinking _ _ _" by Bran Van 3000
8. Worst-case _
9. Middle of the highway
10. Red _ (Tree in British Columbia)
11. Anti-_ serum
12. Canadian chanteuse, Julie _ (Corey Hart's wife)
15. Hockey Honour... #36-Across since having been inducted in 1972: 3 wds.
20. Stanley Cup: Montreal Canadiens, for example, in 1953: 2 wds.
23. Adjective's follower
25. Petty quarrels
28. Final prayer words
29. Camel hair garment
30. England: Big ticker by the Thames
31. Tractors-maker John
33. Nabisco cookie physicist Isaac would like: 2 wds.
34. Murmur
35. Larry King's old station
37. Returns to one's residence: 2 wds.
38. Money in Oman
42. Sprint faster
43. Sweet as treats
45. Over-gorge
46. _ All (Car care brand)
47. The Balance
49. Barrage on the battlefield
50. Cut of meat
51. Wet
54. "Does anyone have _ _?" (Bic-less query)
58. Schuss

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Talk to someone older or more experienced today if you are dealing with a group of people or if you are defining your future goals. This person's input will be helpful.

Taurus April 21 - May 21
You make a great impression on bosses and VIPs today because they see you as reliable, conscientious and dependable. Continue to make this great impression so you make your life easier!

Gemini May 22 - June 21
You will be surprised how easy it is to study something or learn something new today. Even if you travel somewhere, it will be a learning experience for you.

Cancer June 22 - July 23
This is a good day to settle matters regarding money disputes, shared property, inheritances, taxes and debt. You won't overlook details, and you'll be realistic.

Leo July 24 - Aug. 23
Someone older or more experienced might give you excellent advice today. Time spent with an older friend will be to your advantage.

Virgo Aug. 24 - Sept. 23
It's easy to work hard today, because you have goals and you don't mind putting in the effort. You see the value of "no pain, no gain." It's all character building.

Libra Sept. 24 - Oct. 23
This is a good day to teach children something valuable that they need to learn. It's also a good day to practice a technique in sports or the arts.

Scorpio Oct. 24 - Nov. 22
A family discussion with someone older and wiser will benefit you today. Think about practical ways to secure your home for the future.

Sagittarius Nov. 23 - Dec. 21
Your powers of concentration are excellent today. Your style of working will be thorough and careful; you won't overlook details. This is a good day to make plans for the future.

Capricorn Dec. 22 - Jan. 20
If shopping today, you will want to buy long-lasting, practical items only. You have respect for your hard-earned money!

Aquarius Jan. 21 - Feb. 19
Today you're willing to work because you can see the benefit of hard work not only for immediate results, but also for the great impression you create on others in the future. Get down to it!

Pisces
Feb. 20 - March 20
This is a wonderful day for research of any kind. You won't stop until you find what you're looking for. And you won't miss anything, either.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		4	1		2	9		6
	3			8			5	
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3		1						7
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